

After School Snack Production Record

Date _____

Week of _____

Portion Size Requirement

	Children 1 and 2 years	Children 3 thru 5 years	Children 6 thru 18 years
Milk , fluid	1/2 cup	1/2 cup	1 cup
Meat or meat alternate	1/2 ounce	1/2 ounce	1 ounce
Juice or fruit or vegetable	1/2 cup	1/2 cup	3/4 cup
Bread and/or cereal , enriched or whole grain Bread or Cereal: Cold dry or Hot cooked	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup

Must serve at least 2 of 4 components

Meal Pattern Guidelines	Monday	Tuesday	Wednesday	Thursday	Friday
milk*					
100% strength juice or fruit or vegetable					
bread or cereal or other grain					
meat or meat alternate					
*juice may not be used when milk is the only other food served					

Mo 500-2229